

PAX

Dear Friends in Christ,

There is a time when embracing the new is fun and exciting. There can be another feeling when the new is something that just has to be dealt with!

Perhaps these two sentences could sum up how the Israelites felt as they left the oppression of Egypt for the Promised Land with Moses and their experience in the wilderness. (Exodus 13: 17ff; 16: 2) These feelings will have affected every generation down through the ages. I have been reading *Native, Life in a Vanishing Landscape* by Patrick Laurie. I had always understood that the stone dykes of Galloway to have been there since the beginning of time, but I now understand that they appeared in the 18th century and that the 'Levellers' liked to flatten them! In all changes there is loss and gain.



From the 'spiritual' perspective **acceptance** is the key word. It is a gift! One that can transform lives if we allow it. In a Biblical perspective words from John's Gospel come to mind:

"But to all who received Him, who believed in His name, He gave power to become children of God." 1: 12

Our world is evolving: Some may say the changes are tumultuous. Others may say 'It is so, it cannot be otherwise'. Whatever your stance, our life today, is unrecognisable from where we were this time last year. Who would have dreamt of wearing a mask to go shopping in? Who would have believed that we would have spent so long in 'lockdown' confined to our homes? Our diocese, this week, has given permission for Christ Church, Dalbeattie to re-open for worship. (By the time you read this newsletter my prayer is that St. Ninian's will have received permission too.) Dates for our services will shortly be published and new procedures announced. For those of you who have been to shops and restaurants you will be familiar with the new procedures in life. I must confess that I struggle with the lack of spontaneity that is allowed in life – everything has to be planned or so it seems. In some ways the Holy Spirit feels to be pushed out. You cannot just drop in to churches or anywhere without preparation. But on the street and elsewhere...! The

Holy Spirit is very much alive and present! Spiritual growth and the presence of God is everywhere. One has to be open to the unexpected! Perhaps these words of Meister Eckhart show us The Way:

*When I learn to love You simply because You are Love,
I come to accept myself simply because You made me in love
and You never stop making me. And when I hold onto this and
let go of every doubt, I find Your love in everything
and I become love in You
and You become love in me.*

Too often we can find ourselves running away from life. It is too difficult. It is not going the way we want it to. All this is like casting stones at the wind – it is a waste of your time! If we truly believe that our lives are worthwhile and necessary, we have to accept the path God, and our lives, lead us. As the psalmist writes:

“Out of my distress I called on the Lord; the Lord answered me and set me in a broad place.” 118: 5



I look forward to worshipping God safely together!

Yours in Christ

Christopher

Rector

Please continue to pray for Francis Turnbull, Gill Piper. For Jean Turnbull and 'Winnie' Stewart may they rest in peace and their families.

Prayer Chain

Prayer is perhaps the only help we can give to people in need throughout the world. Please consider joining our growing 'Prayer Chain'.

Contact Sandra Walsh tel.01557 331596 email sandrawalshkbt@yahoo.com.

The Daily Prayer Offices

<https://www.scotland.anglican.org/spirituality/prayer/daily-offices/>

It is an important part of the tradition and spiritual life of the Scottish Episcopal Church that prayer is offered throughout the day. Set times of prayer, called the Office, are set aside for this purpose. Clergy are obliged, by reason of the vows they make, to pray at least the Offices of Morning and Evening Prayer and should also offer Compline (Night Prayer). Others are invited to join this round of devotion and praise, to strengthen their own spiritual life with God.

The Offices may be prayed either alone or in Church with others.

Each day, the Offices will be available on this page. Morning Prayer is made available from 6am, Evening Prayer after Midday for use later in the afternoon and Night Prayer from 6pm.

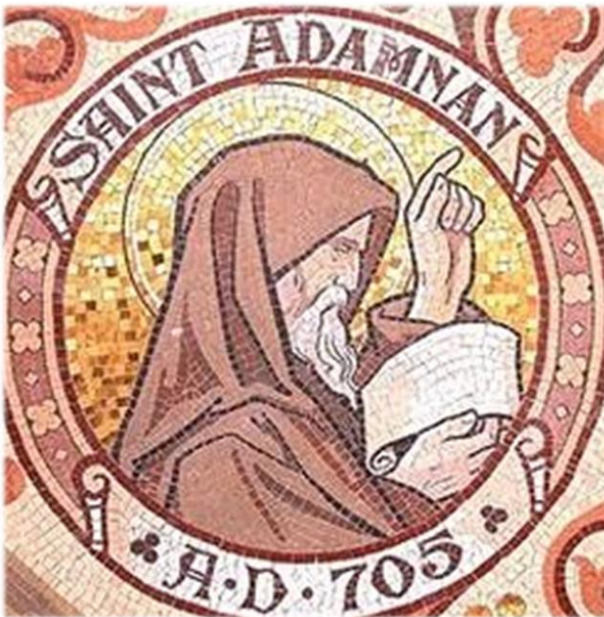
Prayer Themes for Wc. 20th, September

Pentecost 16	Pray for the people of America, Yemen, Bangladesh, Zimbabwe & Beirut.
Monday:	For all the staff and pupils of our schools.
Tuesday:	The NHS, our local surgeries, and all at DGRI. For those affected by the Corona virus throughout the world. Pray particularly for the people of the Yemen, Bangladesh, Lebanon, Aberdeen, and our community.
Wednesday:	Our local community, key workers & volunteers. Bothwell House, Hanover House, Carlingwark Care Home, Barlochan House Care Home, Munchies Park House, and Alma McFadyen Care Centre.
Thursday:	The Government, and all in authority.
Friday:	For those with job insecurity or financial difficulties. For refugees throughout the world.
Saturday:	For Guidance of the Holy Spirit in our churches' Mission.

Gospel Readings for the 25th week of Ordinary Time (Proper 25)

Sunday	Pentecost 16	Matt 20: 1-16
Monday	St. Matthew Ap.	Matt 9: 9-13
Tuesday	feria	Luke 8: 19-21
Wednesday	Adamnan of Iona Ab.	Matt 21: 11-end
Thursday	Our Lady of Walsingham	John 19: 25-27
Friday	Finnbar of Caithness Bp.	Matt 11: 25 to end
Saturday	Ss Comos & Damian Mtyrs	Matt 10: 28-33

St. Adomnán (Adamnán). 23rd September



Adamnán was born around 624 in County Donegal. He probably began his monastic career in Ireland but at some point he moved to Iona where in 679 he became Abbot. He travelled several times back to Ireland and made many trips into Northumbria. It was during those Northumbrian trips that he is believed to have adopted the Roman dating of Easter and tried to impose it in his abbey, however the community rejected it and stayed with the Celtic dates until some years after his death. He is remembered for

several writings, the most famous of which was a life of St Columba to whom he was related through his father. He also wrote a treatise, *De Locis Sanctis* (On Holy Places) about centres of pilgrimage and other Christian holy sites. In 697 he formulated the "Law of Adomnán" or the "Law of Innocents" which protected women, children and clerics (non-combatants) from involvement in war. Adomnán died in 705 and was buried in Iona. Many years later his relics were taken to Ireland in a successful attempt to broker peace between two warring clans before being returned to their resting place in Iona.

Book Review

No Fixed Abode: Life and Death Among the UK's Forgotten Homeless
Maeve McClenaghan (Picador)

When I worked in Manchester and London I had a small experience of meeting homeless people and discovering their backgrounds. The one thing that surprised me was how normal their lives were until it disintegrated through no fault of their own – it just happened! I used to think a civilised society provided a safety net. Maeve McClenaghan in her book demonstrates that there is no such thing. She tells a story about Aisha, a nurse who fled violence in Mogadishu, Somalia. She had spent a winter walking from one shelter to another in London and had her benefits cut from £317 a month to just £26 a month because she hadn't applied for enough jobs. She couldn't provide the necessary Council Tax Bills for background checks or afford a DBS (disclosure check) because of her situation.

McClenaghan talks of “dehumanised perception” where kind people are able to walk past people who live in doorways or live in a pile of cardboard under a bridge. She relates how Dr Lasana Harris, who studied dehumanised perception at University College London, came to know some of these people by taking them to a soup kitchen. The statistics became people! In this way he came to know Tony who had loved karaoke but who had frozen to death in 2018 and Hamid, an Iranian refugee, who died in temporary accommodation despite being a brilliant theoretical physicist.

McClenaghan ends her journey by peeling potatoes in a soup kitchen. As the Tablet book review says “for someone else, [the journey] could start by reading this book.”

Based on a Review in The Tablet

Galloway Food Banks

Manager Sarah-Jane Allsopp. If you cannot attend tel: 07730 788 335 or email projects@castledouglas.info and they will deliver to your door.

The Heart of Galloway Visitors Centre, Castle Douglas
Open 12noon to 2pm

The Heart of Galloway food bank, 24 High Street, Dalbeattie.
If you need food, drop in Monday-Friday 12noon-2pm.

Useful Contacts:

National COVID-19 Helpline 0800 111 4000

For people who don't have family or existing community support and can't get online and who are over 70, disabled, require the support of mental health services, are pregnant or receive a flu jab for health reasons, will be directed to our dedicated local team who can offer essential assistance.

NHS24 111 www.nhsinform.scot

Emergency 999

Doctor Out of Hours 111

Dumfries and Galloway Council 030 33 33 3000

www.dumgal.gov.uk/SupportDG

Business Support Helpline 01387 260280 Mon-Fri 9am-5pm

Multi Agency Safeguarding Hub 030 33 33 3001

Social Work Out of Hours 01387 273660

Third Sector Dumfries and Galloway 0300 303 8558

Dumfries and Galloway Citizens Advice Service 0300 303 4321

www.dagcas.org

Samaritans 116 123

SHOUT Text SHOUT to 85258 for free

Scotland's Domestic Abuse Helpline 0800 027 1234

Age Scotland 0800 12 44 222 Mon-Fri 9am-5pm

Shelter Scotland 0808 800 444 Mon-Fri 9am-5pm

LGBT Helpline Scotland 0300 123 2523

Childline 0800 1111

Dumfries & Galloway Community News

https://supportdg.dumgal.gov.uk/media/23522/Community-Bulletin-Edition-37/pdf/community_newsletter_18_September.pdf?m=637360188433000000

Wordsearch based on Ezekiel 32, 33 + 34

2 word phrase was **HOMELAND ISRAEL**

Bible Pathway Adventures

WORD SEARCH



JONAH AND THE BIG FISH

S S I R Q T T T R P P X O Q K K R Z I J
K A E N A F U A L M E V W C T K Y U A P
O B I K P Y D X R C E S Z R M Z I I B A
Y W K L K Y M L N S I E C M K P S N P L
A N U Q O J O N A H H Q E A C N I I G A
H O J R L R J A F A Y I P V P T Z I P C
W T N G X U S Q F P Q U S R K T P F T E
E Y U I E J L U S H J D S H O J A L I F
H G J C N F F N U V N L R X N P U I E I
Z N D Q D E D S C T B O E U T N H Z N S
C E Z G H N V K Z B O Q S N E X Y E D H
D I G Z B X X E E C R R Z H N P E H T W
H N R E P E N T H P C P A I I U J B Y E
N T Y K Z N H R L B C M A H O F E I E O
J P N U E R O L T Q E C U A Z W P R E Q
A G X Z S V Q P P L A N T R M N E R K J
Z Z H E B R E W M D I S R A E L I T E G
K Y U E V I T L Q P R Q P D S E A X Y K
O C J Y S A C K C L O T H H M P P K O D
J E R O B O A M U O Z K F E Z F Q R J M

PALACE
HEBREW
SAILORS
PLANT
PROPHET
SEA

TORAH
TARSHISH
JONAH
ISRAELITE
YAHWEH
KING

FISH
NINEVEH
JEROBOAM
REPENT
CAPTAIN
SACKCLOTH

